

Personal Hygiene of Adolescents Who Play Video Game

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ABSTRACT

Background: Nowadays, video game playing becomes popular activities for all ages include adolescents. It can be played easily using gadgets or computers. Some video gamers exhibit pathological pattern such as symptoms of damage to family, social, school, psychological functioning, and also their health. Personal hygiene is also one of the problems that often occur among them. Some of adolescents forget their personal hygiene while playing video game.

Method: This study was realized with a sample of students who studied in junior high school. Research was conducted with 120 respondents. This study was conducted to reveal the personal hygiene of video game players. This used descriptive quantitative research with a cross sectional approach.

Result: Results of this study indicated that personal hygiene of 77 respondents (67.17%) was in moderate categories.

Conclusion: Most of adolescents who play video game were in moderate categories of personal hygiene.

Keywords: Personal Hygiene, Video Game, Adolescent.

I. INTRODUCTION

Nowadays, many adolescents are familiar to use handphone, gadget, and other electronic tools. They use it for communicating, browsing, and playing video game. In term of playing video game, there are many interesting and variative games. This becomes the reason why children and adolescents prefer to play video game to traditional game [1].

Based on data from Environment Software Association (ESA), about 36% of video gamer aged <18 year old [2]. They can play both of online and offline game. Video game provides various of game such as action, sports, strategy, role-playing, not to mention social games.

Recently, many study showed that video game can give negative impacts to people who play it. A study in America found that 8,5% of 8-18 years old gamer are addicted to video game [3]. Moreover, students who spent alot of time for playing video game experience difficult in focusing school course, have several health problems, and hardship in controlling the urge to play video game. Other negative impacts of playing video game are addicted and aggressive behavior [4]. Somebody will play video game again and again so it is hard to stop. Adolescents who play video game become lazy to take a bath and keep their hygiene [5]. This will result in some health problems.

II. METHODOLOGY

This research used quantitative descriptive method with a cross sectional approach. It was conducted to find out personal hygiene picture of adolescents who play video game. The samples were 120 students of first and

second class of Muhammadiyah Junior High School, they love to play video games. The research was conducted in April-May. Instruments used include demographic data such as name, gender, class and age; Problem Video Game Playing (PVP) questionnaire; and personal hygiene questionnaire [6]. Personal hygiene questionnaire consists of 20 questions.

III. FINDING AND DISCUSSION

The result of respondent characteristic in this research is used to know description based on gender, age, frequency of playing video game, duration of playing video game. Characteristic of gender and age of respondent is presented in table 1 as follows:

Table 1. Frequency Distribution Characteristics of Demographic Data of Students (N = 120)

Characteristic of respondent	Frequency(n)	Percentage (%)
1. Gender		
Male	69	57,5
Female	51	42,5
2. Age		
12 year old	10	8,4
13 year old	58	48,3
14 year old	45	37,5
15 year old	7	5,8

From the data that have been presented, male adolescents have bigger percentage than females, it was 69 students (57.5%). Meanwhile, almost half of respondents were 13 year old (48.3%). According to the Environment Software Association (ESA) [2], the

percentage of gender-related video game usage comprises 55% of men and 45% of women. This finding was similar with the results that have been done at Yale University School of Medicine that there were 76.3% of the majority of adolescent boys have a habit of playing video games [7]. The results of data that has been obtained for personal hygiene of video game player in adolescent presented in table 2 as follows:

Table 2. Distribution Frequency Personal Hygiene in Adolescents (N=120).

Personal Hygiene	Frequency	Percentage(%)
Good	42	35
Enough	77	64,2
Less	1	0,8
Total	120	100

The following is the data on aspects of personal hygiene:

Table 3. Aspects of Personal Hygiene (N = 120).

Aspect of Personal Hygiene	Frequency	Percentage (%)
1. Aspect of Hand Hygiene		
Good	67	55,8
Enough	50	41,7
Less	3	2,5
2. Aspect of Hair Hygiene		
Good	71	59,2
Enough	48	40,0
Less	1	0,8
3. Aspect of Oral Hygiene		
Good	41	34,2
Enough	71	59,2
Less	8	6,7
4. Aspect of Skin Hygiene		
Good	30	25
Enough	66	55
Less	24	20
5. Aspect of Nail Hygiene		
Good	20	16,7
Enough	51	42,5
Less	49	40,8
6. Aspect of Eye Hygiene		
Good	33	27,5
Enough	83	69,2
Less	4	3,3
7. Aspect of Ear and Nose Hygiene		
Good	28	22,3
Enough	53	44,2
Less	39	32,5

Many factors affect personal hygiene level. The previous research [6] showed that the most influencing factors of personal hygiene care compliance are age and gender. Another research [8] showed that personal hygiene of female students is better than male students because usually female are more concerned with their hygiene.

Here is a discussion of each aspect of personal hygiene. First aspect is hand hygiene. Based on data from UNICEF a child in the youth category has begun diligently hand-washing every before and after meals. The second is hair hygiene. Hair hygiene still has to be improved again because some students answered just washing hair without using shampoo. Hair that is not treated properly will cause sweat and dust that can become dandruff. So, washing hair regularly with shampoo is needed at least twice a week. Hair problems include flea, dandruff, bald (alopecia) and hair inflammation [9]. The third aspect is oral hygiene. Adolescents still need improve the oral hygiene. Brush the teeth is including the activity of maintaining cleanliness or health. At least brush the teeth in the morning and at night before bed. It is better if brush the teeth after meal. It is also recommended to check to the dentist routinely before sick. Forth aspect is skin hygiene. Skin hygiene should be improved so that it can reduce the incidence of skin diseases. Moreover for students who have sensitive skin that is susceptible to disease, it is necessary to maintain the cleanliness of skin. Fifth aspect is nail hygiene. Nail hygiene is indispensable for health where nails that are not well maintained are a source of germs and microorganisms as an intermediary of transmission of gastrointestinal diseases. The sixth aspect is eye hygiene. Eyes become important organ. The seventh aspect is ear and nose hygiene. Adolescents are able to clean their ear and nose while bathing. WHO mentioned that most adolescents compliance in ear and nose hygiene is enough category [10].

IV. CONCLUSIONS

Based on this research, the conclusion is personal hygiene of adolescents who play video game is in enough category.

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